



Athlete Profile

Jeff Snover – Seriously Training for the Games

Jeff Snover, 39, of Evans, Georgia, is one of the National Veterans Wheelchair Games competitors with many years of service to his country – more than 18 to be exact. Snover served in the U.S. Army as a Chief Warrant Officer in Korea as well as in Iraq, where he saw combat. Although he returned from Iraq unharmed, he was seriously injured only three months after his homecoming. While cutting down a tree, it suddenly fell on top of him and the injury resulted in damage to his spinal cord.

Although he is now classified as a paraplegic, Snover's injury has not stopped him from staying mobile, and he looks forward to competing in the 2006 National Veterans Wheelchair Games, his first wheelchair sports competition. During the weeklong event, Snover anticipates a busy schedule of table tennis, shot-put, weightlifting and softball. Back home in Georgia, he estimates that he puts in more than five hours a week of intense training with the help of a personal trainer. His workout regiment includes handcycling and fine-tuning his table tennis skills.

Sports are nothing new to Snover. In April, he attended the National Disabled Veterans Winter Sports Clinic in Snowmass, Colorado, where he learned downhill skiing, sled hockey and wheelchair fencing. An avid golfer before his injury, he is now turning his attention primarily to table tennis and wheelchair tennis. "Prior to my injury I used to love to play golf and run," he said. "Now, I have been introduced to so many great sports, and I plan to become more competitive in table tennis and wheelchair tennis." Snover says that his future goals include both national and international competition.

Jeff Snover is one first-time competitor to watch at the National Veterans Wheelchair Games in Anchorage, Alaska, July 3-8, 2006.